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FRONT RANGE FLYER



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On the cover

Two 302nd Airlfit Wing C-130s, along with aircrew and maintenance personnel, flew to Key West, Fla., in support of a Joint Airborne Air Transportability Training mission. The mission included dropping off some members of the 10th Special Forces Group, Ft. Carson.



Photo by Chief Master Sgt. Jim Riley

UTA Schedule

Next UTA: January 10-11

February 7-8 March 6-7 April 3-4 May 1-2

The next UTA schedule is printed in more detail on page 10. The Front Range Flyer is mailed each month to all 302nd Airlift Wing members on file with Personnel Systems. If you are not receiving your magazine, check with your orderly room or administration section to ensure your address is correct.

Forecasting new year: challenging

By Col. Richard R. Moss 302nd Airlift Wing commander

I sincerely hope everyone had a happy and safe holiday season. I cannot believe it is a new year. As we start 2004, we can expect it to be a busy one as usual.

Currently, we have members of our 302nd Aeromedical Staging Squadron deployed to Iraq providing much needed medical support for the troops deployed there. Let's keep them in our thoughts.

The events throughout the world continue to demand the mobilization of the reserve component. Four more Air Force Reserve C-130 units (Maxwell, Milwaukee, Pittsburgh and the remaining squadron at Youngstown) were recently activated and deployed supporting airlift requirements throughout Southwest Asia. Although this does not affect the 302nd Airlift Wing at this time, we need to be ready to respond if needed by ensuring all of our mobility and training requirements are complete.

We will continue to support real-world AEF requirements through volunteerism and through annual tour deployments. For personnel who want to volunteer to support AEF requirements beyond those tasked to the wing, coordinate through your unit and the plans function so we can

ensure you meet all the unique requirements of the theater commander. We cannot afford to allow anyone to deploy without the proper equipment or training.

One major event we need to prepare for is our AFRC Unit Compliance Inspection scheduled for September 2004. This inspection will look at our processes to ensure they meet all regulatory and legal requirements. It will take a lot of work but, with everyone's cooperation and help, I am confident we will once again prove we are the best C-130 unit in AFRC.

In October 2004, we will deploy approximately 500 personnel to receive concentrated training in the Ability to Survive and Operate. This training will be conducted by the cadre at Volk Field and will last for approximately four days. It is outstanding training and will help to better prepare us to perform our wartime taskings.

The support of reserve component (Air Force Reserve and the Air National Guard) is essential to enabling the Air Force to meet the demands of our nation. The demands will probably not decrease in the near future. Because of outstanding, well-trained personnel and the support of our families, employers and the community, we will continue to meet these challenges. Thanks for all you do.

Holiday health—avoid seasonal weight gain

By Airman 1st Class Amanda McCarty 89th Airlift Wing Public Affairs

ANDREWSAIRFORCEBASE, Md.

(AFPN)—Although cookies, pies and snacks are common items seen around the office and at parties during the holidays, there are ways to stay healthy throughout the season. Maintaining a regular exercise program and eating a balanced diet, despite the cold weather and available sweet treats, are ways to go into the new year healthy, according to Capt. Melanie Dressler, the 89th Medical Group's health promotion manager. "Maintaining weight during the holidays should be the goal," said Dressler. "The new year is a good time to revitalize weight and fitness goals."

According to the National Institutes of Health, many people who put on weight over the holidays don't lose the weight after the holiday season. Try these simple tips to avoid weight gain:

- Always eat a healthy meal before going to a party to keep from snacking on fattening food.
- If you do eat at a get-together, choose fruits and vegetables if available and put them on a napkin instead of a plate, which is more likely to be filled up.
- Limit yourself to one or two alcoholic beverages, but don't indulge every night.
- Eat a healthy breakfast, it will provide nutrition and help control cravings later in the day.

See Weight watch, Pg. 7

Be a myth buster, tear down barriers blocking goals

By Chaplain (Capt.) Tim Wilson 302nd Airlift Wing Chaplains Office

It just can't be done; no one can run a mile in under four minutes! It seemed a truth that could not be disputed. For nine long years the record for the fastest mile hovered just longer than four minutes. As early as 1945, Gunder Haegg had approached the barrier with a time of 4:01.4 but most people felt sure that the limits of human physical capacity had been reached.

It was impossible to break the four minute-mile wall, that is, until one afternoon in 1954. Roger Bannister challenged the myth of the four-minute mile. To the amazement of all, he broke the tape at 3:59.4. But even more amazing was what happened after Bannister broke the barrier. In a very short time some 26 runners were also myth busters, beating the four-minute-mile mark no less than 66 times.

Just as for years, runners lived under the misconstrued four-minute-mile myth; we too have difficulties reaching our potential because of personal myths. "I'm not smart enough." "I can't make a difference." "I'll never be happy." "I am unlovable," and many more personal myths get in the way of winning our personal races in life.

We may never run a sub-four minute mile but we can challenge personal myths that mire us down in mediocrity. It may not be easy, it may take time but it is possible with God's help. The New Testament says, "Now glory be to God, who by his mighty power at work within us is able to do far more than we would ever dare to ask or even dream of—infinitely beyond our highest prayers, desires, thoughts or hopes." (Ephesians 3:20) Think it won't change, more of the same only worse, why not ask God to help you bust the personal myth barriers in your life. What do you have to lose?

Construction money slotted for AFRC, wing APS building

By Lt. Col. Clancy Preston Front Range Flyer

Air Force Reserve Command units at six locations are on tap to receive funds for major construction projects this year.

President George W. Bush signed the fiscal 2004 Military Construction Appropriations Act Nov 22. The Department of Defense gets \$9.3 billion in the military construction package, which includes \$62 million for AFRC.

Col. Richard R. Moss, 302nd Airlift Wing commander, was especially happy to see \$7.7 million on the list for the wing's 39th Aerial Port Squadron. "This is just great news," said Colonel Moss. "We have been trying for years to build a new facility for 39th APS."

Colonel Moss credits the hard work Chief Master Sgt. Sally Arnold, 302nd Civil Engineer Squadron project officer for the preliminary plans, has done in concert with the 21st Civil Engineer Squadron.

"The Army Corps of Engineers will be building the facility and we hope to break ground this July," said Colonel Moss.

In addition to local construction, AFRC construction projects are planned for: Andrews Air Force Base, Md., Dobbins Air Reserve Base, Ga., Keesler AFB, Miss., Minneapolis-St. Paul International Airport Air Reserve Station, Minn., and Portland IAP, Ore.

Reservists gain unlimited commissary use, other benefits

WASHINGTON—The fiscal 2004 National Defense Authorization Act offers reservists and their families unlimited commissary privileges, better health benefits and an overall average military pay raise of 4.15 percent.

President Bush signed the defense bill Nov. 24. It allows reservists in the Selected Reserve, reserve retirees under age 60 and their families to have access to commissaries on active-duty 302nd people, retirees and their families, effective immediately.

The act authorizes a minimum pay hike of 3.7 percent to everyone with additional in-



the same basis as Tech. Sgt. Mike Leon, Communications Flight

"I think it's a great benefit for reservists. Believe it or not, you do save. I have compared and spent a lot less at the commissary."

creases to mid-grade and senior NCOs and mid-grade officers.

To improve readiness, the law permits the Department of Defense to provide immediate medical and dental screenings and care to reservists who are assigned to a unit that has been alerted or notified of mobilization. Reservists can obtain improved TRICARE coverage until Dec. 31, 2004, under the following circumstances:

■ Non-mobilized reservists and their families can enroll on a cost-share basis if the reservist is unemployed or the employer does not offer health insurance.

■ Coverage for mobilized reservists and their families can begin up to 90 days before the start of the reservists' active duty. Previously, coverage started only when the active-duty period

began.

■ Coverage can continue up to 180 days after separation from active duty. Previously, coverage lasted up to 60 or 120 days after separation, depending on the years of service.

Another change expands eligibility for family members to enroll in Department of Defense



Tech. Sgt. Sarah Wright, 302nd Airlift Wing Unit Training Manager "It's a great opportunity and about time."

Dependent Schools on a space-available, tuition-free basis. In the past, this benefit was limited to families of reservists who were recalled from an overseas location. The change also permits DODDS enrollment if reservists are recalled from a continental United States location.

On Sept. 30, the president signed the FY 04 DOD Appropriations Act, which allocates \$368.2 billion to operate and man all of DOD during the fiscal year that ends Sept. 30, 2004. The funding represents a \$51 billion increase in last year's spending.

This year Air Force Reserve Command gets \$3.47 billion, which permits a Selected Reserve end strength of 75,800 - 74,140 traditional reservists, and a full-time Active Guard and Reserve cadre of 1,660 members. Last year the command received funding for an end strength of 75,600, which included 1,498 AGRs.

Under the reserve personnel appropriation, the Air Force Reserve receives nearly \$1.29 billion to cover pay, allowances, clothing, subsistence, travel and other related year's RPA budget was for nearly \$1.24 billion for the Reserve.



expenses. Last Master Sgt. Bob Smith, 302nd Airlift Wing Safety Office

"I think it was long overdue."

Another \$2.18 billion goes to operation and maintenance funding to train, organize and administer the command this year. O&M funds pay for flying hours, depot maintenance, repair of facilities and equipment, travel and transportation, civilian pay, recruiting, and communication, as well as procurement of services, supplies and equipment. The command receives an additional \$20 plus million this year compared to last year's O&M budget.

Although funded for in a separate DOD account, the Air Force Reserve receives \$45 million for equipment that will improve readiness and combat capability. Congress added these funds in a special National Guard and Reserve Equipment Appropriation. (AFRC News Service) Wing members photos taken by Tech. Sgt. David D. Morton.

Con Ops alter chemical warfare training methods

By Tech. Sgt. David D. Morton Front Range Flyer

The way reservists conduct chemical warfare training has undergone changes during the past few years and some of that change can be directly attributed to Chemical Warfare Contingency Operations.

"Con Ops does not differ from ability to survive and operate while in a chemical environment operations; however, they change the way we conduct the training, "said Senior Master Sgt. Lynn Vorce, chief of 302nd Readiness Flight. "New studies were to done to measure the effects of chemical weapons and the effect they have on Air Force personnel. Those studies resulted in a change in the mindset we as Air Force personnel have about those weapons."

New changes to look for include the

amount of time it takes for decontamination procedures after attack, attack response following attack and base recovery from an attack.

"We incorporated some of the new procedures during this year's 'Peak Spirit' exercise at Camp Red Devil, Fort Carson," said Sergeant Vorce. "It's my tasking as the readiness flight chief to ensure our reservists are educated and understand what changes to look for when conducting these chemical warfare field training exercises."

The wing's planning on having their field exercise in October of this year. The exercises set to be held at the Combat Readiness Training Center, Volk Field, Wis.

Here's a quick question to get wing members prepared for the exercise.

<u>M9 PLACEMENT</u>. How many places on your Battle Dress Overgarment should one

affix the M9 tape?

- a. Three minimum
- b. Four minimum
- c. Six minimum
- d. Until the mummy look is obtained

C is the correct answer. D is also acceptable. Remember, M9 tape identifies a lethal chemical agent present, but does not tell what type of chemical agent. If someone is contaminated, he/she must proceed directly to the designated contamination control area. If someone determines that he/she is not contaminated, then, he/she may process to a clean area, through the designated transition point. He/she is not required to process through a CCA. (Editor's note: The Front Range Flyer will be running ATSO updates in the coming issues to help in the wing's preparation of the field exercise scheduled for October.)

D(Dental) **Day approaches**

By Lt. Col. Rob Heun 302nd Aeromedical Staging Squadron

During the past two years, the wing has gone through many changes. In the medical realm the 302nd Aeromedical Staging Squadron has implemented the much maligned Reserve Component Physical Health Assessment program! This has been slowly phased in and has been a learning process for all.

The dental requirements have changed to an annual dental exam for flyers and nonflyers alike due to the multiple dental emergencies seen during Desert Storm and other conflicts. It didn't take long to figure out that two dentists could not see all 1,700 wing members for exams on a yearly basis; therefore, it became necessary to request that all mem-

bers see their respective private practitioners on the second and third years. Members' personal dentists should complete an exam and sign a DD Form 2813

> which can be turned in to the ASTS dental staff for documentation.

The dental requirements for reservists have been disseminated through one on one contact with

dental personnel, meetings with unit health monitors and articles in the wing newsletter. Currently, failure to provide the ASTS dental clinic with a DD Form 2813 by the end of a member's respective birth month will result in a member being profiled P3, non worldwide qualified. After Feb. 1,2004, failure to provide the ASTS dental clinic with a current DD Form 2813 will result in the member being profiled P4 (No pay, no points)! Consider this a warning.

Fed grants civilian admin leave to demobilized reservists

WASHINGTON—In a Nov. 14 memorandum, President Bush directed executive departments and agencies to grant five days of uncharged, administrative leave from civilian duties to federal employees returning from active-duty to reservist status.

"The federal government will continue to be the model for employer support to the Guard and Reserve," wrote the president in the memorandum. "We are the guarantors of the rights of returning service members under

For wingmembers, here's some information to clarify the local policy regarding the leave.

- Q: Does this apply to individuals who did voluntary tours of duty or performed mandays?
- A: No, qualifying individuals must have been activated under partial mobilization.
- Q: Must I use the five days consecutively?

A: It is five consecutive days

the Uniformed Services Employment and Reemployment Rights Act, and I am personally committed to providing each of them with our full support, recognition and assistance."

The five work days of excused absence covers employees who were activated for military service in connection with Operation Noble Eagle, Operation Enduring Freedom and Operation Iraqi Freedom. (Air Force Reserve Command News Service from an OPM news release)

of excused absence, or 40 hours for those on compressed work schedules.

Once an individual starts the excused absence they remain on it for the five days. Weekends do not count against the five days, however, if an individual starts the excused absence prior to a holiday or any other period of excused absence they will not get additional time off.

NDI polices parts to keep aircraft flying

Photos and story by Tech. Sgt. Tim Taylor

Front Range Flyer

Senior Master Sgt. Garrin Pies, 302nd Maintenance Squadron air reserve technician fabrication flight chief, says they're responsible for "policing the parts" on the 302nd Airlift Wing's C-130 fleet. However, they're not cops; they're the Non DestrucNDI can conduct inspections on parts in the shop and often even while the part is still on the aircraft. Some of the test equipment is too large to take to the aircraft, but the technicians also have handheld portable equipment to work with when they must go out to the flight line.

In shop, NDI uses a penetrating chemical on many of the parts it inspects. The

Staff Sgt. Mike Cooper ensures ultrasonic unit is operating correctly using process controls and test piece.

tive Inspection shop.

They inspect the aircraft parts to ensure they are structurally sound and their job requires using a variety of processes with which to perform the inspections.

"We check the integrity and for any defect in a part," said Master Sgt. Bill Russell, NDI shop chief, "and the aircraft for structural defects."

Through these inspections NDI can virtually spot any defect which can not be seen with the naked eye, such as bad welds, hairline cracks or damage underneath the surface of a part.

chemical will show up with a fluorescent color under an ultraviolet light, which exposes surface cracks.

The magnetic particle inspection will attract metal filings to a flaw or crack in a part and the filings can also be seen using the ultraviolet light.

Most everyone has seen the ripple caused by a rock being dropped in the water. Imagine dropping a twig into the ripple caused by the rock. That second ripple would be the line which shows up on a monitor noting a defect during an Eddy Current, an inspection which uses that ripple effect to help NDI find the smallest of cracks.

"We can go down to 5/ 1,000ths of an inch and up to 50/1,000ths," Staff Sgt. Michael Cooper, NDI journeyman, said. "Anything bigger than that, you should be able to see with your eye."

"Mostly, we use this on nonmagnetic parts like stainless steel and aluminum," Sergeant Russell added.

Occasionally, NDI will find parts with damage below the surface. To do this the inspectors use an ultrasonic test, which is similar to the ultrasound which can be used to determine a baby's sex, weight, heart rate, etc., while still in the womb.

"Ultrasonic shoots a sound wave into part," Sergeant Russell said. "If there's a break in the part it's going to shoot that sound wave right back to us."

When NDI must perform inspections on parts located on the aircraft it uses radiography. An inspector will place a piece of film behind the part and take what is basically an x-ray of the part. The x-ray is then placed on a lighted screen, which will show defects. This process works well when inspecting for bad welds.

Whichever is used, any and all of these various inspection processes helps NDI confirm the integrity of the parts on the aircraft.

"On these aircraft there are so many pieces and parts that any little crack or defect can cause a massive problem," Sergeant Russell said.

NDI can perform any number of inspections in the ISO dock, on the flight line or in the back shop and they may be time inspections, isochronical inspections or inspections required by a Time Change Technical Order. In order to comply with inspection requirements and perform inspections in an efficient and

timely
manner,
coordination with
other shops
is essential,
according
to Tech.
Sgt. Chip
Starks, NDI
journeyman.

"There's a lot of inter-shop coordination to make sure this is done properly."

Putting a



Tech. Sgt. Chip Starks inspects for weld defects by interpreting an x-ray radiograph.

safe bird in the air is always a priority and it is paramount that all of NDI's equipment functions properly. This can be anything from ensuring the required calibration of test equipment is done correctly to making sure the batteries are properly charged for use in portable equipment.

Another key aspect is the inspector's accountability. He may have to ground an aircraft due to the tiniest of cracks even if others think it may not affect the mission.

NDI's role extends past the 302nd AW. The shop has lent its skills to the Air Force Academy, 21st Space Wing, NORAD, Schriever AFB and Fort Carson. They've also inspected NASA aircraft and assisted the Air Force Academy when it was investigating glider crashes.

Last year, they saved the base fire department money by performing a TCTO inspection on fire truck wheels.

"If they had taken them to a commercial lab it would have cost them thousands of dollars," Sergeant Russell said.

NDI has a large workload, especially when one considers



Staff Sgt. Mike Cooper, Non Destructive Inspection shop, inspects a C-130 brake housing using an Eddy Current unit. This housing was cracked and unserviceable.

the fact there currently are only three people in the shop. The fact they are able to meet all the demands says a lot about their commitment.

"When you have this amount of work and only three people to do the work, it takes a lot of dedication," Sergeant Starks said.

"They do a lot," said Master Sgt. Darren Smith, Reserve fabrication branch flight chief. "They're a real important piece of the puzzle."

"NDI is critical to find

unseen damage," said Sergeant Pies.

Sergeant Russell summed up the role of NDI best when he stated, "I'm sure when our 302nd personnel fly on these planes they want to know the planes are structurally sound."

Weight watch cont. from Pg. 3

- Keep plenty of healthy snacks stored in the front of the refrigerator or pantry so they are the first thing seen.
- Plan to make quick and easy meals so that in a pinch, fast food is not the only resort.

People can overeat because they consume food too quickly. It takes 20 minutes for the brain to send a signal to the stomach to let it know it's full. So just eating slower and taking more breaks to chat may help. Watching food intake is important to health and weight management, but exercise also plays and important role, said Dressler. Try winter sports as an alternative to working out to stay in shape and burn extra holiday calories. Skiing can

serve as a cardio workout. It works the legs, arms, torso and back. Ice skating works muscle tone and improves balance. Even making snow angels can be aerobic, especially in deep snow. It can help increase range of motion. For those who can't find the time to hit the slopes or make it to the gym, everyday household activities can help burn calories. Shoveling snow, stacking firewood or raking leaves for 15 to 20 minutes can burn around 100 calories, according to studies by the Medical College of Wisconsin. Regardless of the not-so-healthy foods the holiday may bring, stay fit and avoid packing on extra holiday pounds by snacking on sweets in moderation, incorporating healthy foods in meals and staying active.

Employer, clergy days on horizon; nominate now

Employer Appreciation Day and Clergy Orientation Day are upcoming events the 302nd Public Affairs Office are planning.

Now is the time to start thinking of names for both events and getting the information to PA.

For employers, this is a great opportunity to thank them for their support as well as showcase what their reservists do while they're away from their civilian careers.

For clergy members, this orientation will help familiarize them with the day-to-day life of a reservist and better help them to relate to their congregation.

For more information or to submit names, call the PA office at 556-4117.

Yearin pictures

This year the wing has faced many challenges and had several successes. Here are a few photographic reminders of some of the places 302nd Airlift Wing members have been and some of what they've accomplished. This year will no doubt hold just as many opportunities and events.

at right: Master Sgt. Tom Freeman, 731st Airlift Squadron, practices using a signal mirror during combat survival refresher training at the Air Force Academy. (August 2003)



at right: Senior Airman Matt Pavia, loadmaster, checks out his rear-vision device (bubble) in preparation for a Red Flag mission. (September 2003)



Master Sgt. M i k eNakamura and Tech. Mel Sgt. Drakopoulos, loadmasters with the 731st Airlfit Squadron, prepare an airdrop training bundle during a local night vision goggle training flight. (May 2003)





Staff Sgt. Michael McDonald, 302nd Maintenance Squadron, washes excess "slurry" off the backs of the Modular Airborne Fire Fighting System equipped C-130s after each pass they make in efforts to fight the California fires. (December 2003)



Staff Sgt. Gary Sloan, 39th Arial Port Squadron terminal services, helps guide a palletized load for future placement on a C-5. (April 2003)



MOAA loans

More than 1,200 students will receive \$3,750 each in interest-free loans from the Military Officers Association of America's Scholarship Fund for the 2004-2005 school year. Of those, about 240 students will be first-time recipients.

Students can apply online at MOAA's web site for the loans, which are awarded annually for up to five years of undergraduate study. Applicants must be children of MOAA members or enlisted service members under the age of 24.

For MOAA Scholarship Fund applications for the 2004-2005 school year or for more information on making a contribution to the Fund, please visit MOAA's web site at www.MOAA.org/education or email edassist@MOAA.org.

Students may apply online between now and March.

Luncheon

The Airmen/NCO luncheon is set to be held March 6, at the NCO Club. Seating begins at 10:30 a.m. with lunch served at 11 a.m. Cost is \$10 and must be prepaid by the end of the February UTA. Unit first sergeants are the POCs for this event. Please come and support the wing's sharpest troops.

Electronic W-2s

Arlington, VA—All current myPay military users and Defense Finance and Accounting Service civilian employees who request or already have a myPay Personal Identification Number and access myPay will now automatically receive an electronic W-2.

The electronic method is now the primary means of delivery for all DFAS civilians and military users with a customized myPay PIN.

The online version complete with printing instructions, is 100 percent compatible for all tax purposes and allows users to print as many copies as they need without having to depend on saving a hard copy. A save button is also available to allow individuals to save their W-2s to disk.

Service award

The Secretary of the Air Force approved the Air Force Expeditionary Service Ribbon as recognition for deployed status. The AFESR is awarded to Air Force active duty, reserve and guard personnel who complete a contingency deployment after Oct. 1, 1999. Deployed status is defined as either deployment on contingency, exercise, deployment orders or members sourced in direct support, in-theater or out, of expeditionary operations with an overnight away from home station. To qualify for the AFESR, individuals must have deployed for 45 consecutive days or 90 nonconsecutive days. Every 45 consecutive days is awarded an AFESR, for example, 90 consecutive days of TDY qualifies for two AFESRs. Permanent party overseas personnel are not eligible for the AFESR unless they are forward deployed on a contingency deployment.

For more information please contact customer service at 556-8185.

Uniform combos

Col. Richard R. Moss, wing commander, is stressing to reservists to ensure their uniforms are in compliance. It has been noticed that some reservists are wearing pink or blue undershirts, nonregulation headgear, etc.

Leave prohibited

OSD-RA recently sent word out to let units know that military technicians are prohibited from using the 44-day military leave while on active duty OCONUS "during" a war or national emergency. This means that effective immediately ARTs may not use this category of leave until the current national emergency is over.

In the past, the law was interpreted to mean while serving on active duty "because of" a war or national emergency and only prohibited employees who were activated/recalled under the appropriate authority from using this leave. Employees who volunteered for active duty in support of this or other contingent operations overseas were allowed to use the 44 days.

This will impact any ARTs who continue to support missions in Korea, South America, Iceland, etc., just as they did before Sept. 11, 2001 and frequently want to use this type of leave if their civilian salary exceeds the military base pay. They are no longer authorized to do so.

Questions may be referred to Meg Keith, DSN 497-1324.

Job opportunities

Army National Guard support of Air Force force protection efforts will be reduced by approximately 2,500 soldiers in the coming weeks. To offset this shortfall, the Air Staff is coordinating a program to provide MPA opportunities for ANG and Air Force Reserve enlisted members to perform FP augmentation at AF installations throughout fiscal year 2004. The program will be open to members in grade E-1 to E-6 in all AFSCs. Duties mirror those currently performed by ARNG soldiers. Tours will vary from 30

days to approximately 270 days at the member's option (all MPA tours will end NLT Sept. 29). Training will be provided at the beginning of the MPA tour.

Individuals interested in volunteering for this opportunity need to go through their supervisor and get unit approval. Once approved and the member or unit has informed the plans personnel, then the volunteer should go to Volunteer Reserve System web site at www.afrc.af.mil, under "Job Opportunities for Participating Reservists."

Weather call

If the snow is falling and cars on the road are sliding, call 556-SNOW to check on base closure or delayed reporting. The base leadership are the only personnel authorized to decide if the base should close or have delayed reporting/early release. For personnel driving to Schriever Air Force Base, the number is 567-SNOW.

CDC masters

Congratulations go out to Staff Sgt. Myron Davis, 731st Airlift Squadron, and Senior Airman Steven Fresquex, 302nd Maintenance Squadron for scoring more than 90 percent on their recently completed career development courses.

Rock N Bowl 2004

The Junior Achievement hosted fundraiser, Rock N Bowl, will be held at Harmony Bowl, Feb. 8. Money raised from these types of fundraisers help Junior Achievement provide educational programs to more than 33, 800 students each year. On average, each team raises enough money to pay for materials for two Junior Achievement classes, nearly 50 students. For more information or to sign up a team, contact Tech. Sgt. Ana Dominguez at 556-7952.

Unit Training Assembly Schedule January 10-11

S A T U R D A Y	0530 - 1000 0600 - 0730 0730 - 1100 0730 - 0900 0730 - 1630 0730 - 1600 0900 - 1000 0900 - 1000 0900 - 1000 0900 - 1000 1000 - 1045 1000 - 1600 1100 - 1730 1100 - 1230 1200 - 1630 1215 - 1530 1300 - 1600 2000 - 2300	Brunch "Jump Start" Fellowship Newcomers Orientation No Meeting Period Physical Exams MPF Hours Unit Training Manager Mt DP Rep Meeting HDRC Meeting PEP Boards (TSgt/MSgt) Safety Rep Meeting Supervisor Safety Training Wing Training Planning Military Clothing Sales Let's Do Lunch! Lunch & A Lift CWD Refresher CDC/PME Testing PEP Boards (SMSgt/CMSgt) Newcomers Ancillary Training Chaplain Available Late Night Carry-out	Aragon Dining Facility Sandy's Restaurant Bldg 893 Conf Room All Locations Clinic Bldg 895 Room 219A Bldg 895 Room 203 Bldg 1324 Second Floor 731st Conference Room Bldg 845 Conference Room Bldg 350 Room 1052 Bldg 350 Room 1052 Bldg 895 Room 203 Bldg 1466 Aragon Dinning Facility Aragon Colorado Room Bldg 1324 2nd Floor Bldg 895 Room 203/204 Bldg 895 Room 203/204 Bldg 895 Conference Room Bldg 893 Conference Room Bldg 893 Room 143 Aragon Dining Facility	SVF/6-4180 HC/6-7428 DPMSC/6-8185 CV/6-7087 ASTS/6-1132 DPMSC/6-8185 DPMT/6-7250 CEX/6-7221 6-7087 6-7555 6-8163 G-8163 CCX/6-0142 LSM/6-3227 SVS/6-4180 HC/6-7428 CEX/6-7221 DPMT/6-7250 6-7555 DPMSC/6-8185 HC/6-7428 SVF/6-4180
S U N D A Y	0530 - 1000 0730 - 1200 0730 - 1200 0800 - 0900 0900 - 1100 1000 - 1100 1100 - 1730 1200 - 1300 1215 - 1530 1300 - 1400 1400 - 1500 1500 - 1600 1300 - 1400 1400 - 1500 2000 - 2300	Brunch CWD Refresher and initial MPF Hours First Sergeants Meeting 3AO AFSC Training Homosexual Policy Training Let's Do Lunch Multicultural Awareness Gp CDC / PME Testing PERSCO In House Training In Section Training Commander's SORTS Mt 3S0 AFSC Training Late Night Carryout	Aragon Dining Facility Bldg 1324 2nd Floor Bldg 895 Room 219A Aragon Dining Facility Bldg 893 Wing Conf Bldg 893 Room 111 Aragon Dining Facility Aragon Dining Facility Bldg 895 Room 203/204 Command Post CAT Bldg 893 Wing Conference Aragon Dining Hall	SVF/6-4180 CEX/6-7221 DPMSC/6-8185 CCF/6-8307 SC/6-8192 JA/6-8140 SVF/6-4180 ME/6-6215 DPMT/6-7250 CP/6-7369 DPMS/6-7249 SVS/6-4180

AFRC command chief visits wing members

Photo and story by Staff Sgt. Jennifer Thibault

Front Range Flyer

The Air Force Reserve Command Command Chief Master Sgt. Cheryl Adams paid visit to the 302nd Airlift Wing recently.

Chief Adams was a special guest at the base's airman leadership school graduation ceremony in late December. While in town, she made it a priority to meet with some enlisted members of the wing to field questions and concerns.

One 19th Space Operations Squadron member raised some questions regarding the new Air Force fitness policy. "This program is not a surprise; we knew it was coming," answered Chief Adams. "As reservists, we may not see actual testing until April or June even. Get ready now, slowly and steadily," she added.

Another member brought up the 26 year master sergeant rule.

"We value our senior NCOs and we worked hard to get this," responded Chief Adams. "We don't want to discredit this by giving out master sergeant stripes based on years in current position."

One of the wing chiefs present at the forum asked Chief Adams how she felt about the face of the Reserve force changing and if reservists are too integrated with active duty.

"This is something leadership is working to find a balance with. Where as some may say we're too integrated or too heavily tasked along side active duty, others are saying we're not going enough. It's a hard thing to do but leadership is trying to work out the best way to please the majority," said Chief Adams.

Other issues were raised and Chief Adams



"This is something leadership is working Air Force Reserve Command Command Cind a balance with. Where as some may we're too integrated or too heavily enlisted members of the wing during her visit to the base.

either gave an answer or promised to get one. Chief Adams said it was important to her to have the opportunity to meet with the enlisted present to "hear all of your issues."

Wing welcomes newcomers, congratulates award winners

39th Aerial Port Squadron

Senior Airman Tobias J. Filener Capt. Lynn E. Jui

302nd Aeromedical Staging Squdron

Lt. Col. Douglas Hemler Senior Airman Leviy P. Johnson Airman 1st Class James Melancon Airman 1st Class Ralph J. Padilla, Jr. Senior Airman Amanda D. Zobell

302nd Civil Engineer Squadron

Staff Sgt. Emmanuel K. Techie

302nd Communications Flight

Staff Sgt. Terry Coen

302nd Logistics Readiness Squadron

Airman 1st Class Siobhan R. Herrera Senior Airman Ricardo L. Junious Tech. Sgt. John E. Olivarez

302nd Maintenance Group

Maj. Lisa M. Gossett

302nd Maintenance Squadron

Airman 1st Class Grant W. Apgar Staff Sgt. Lakeshia D. Guerrero Tech. Sgt. Daniel W. Danielson Staff Sgt. Ricardo C. Diaz

302nd Military Operations Flight

Airman 1st Class Alejandro Sanchez

302nd Mission Support Squadron

Master Sgt. Janice M. Tucker

302nd Security Forces Squadron

Senior Airman Luis A. Granillo

310th Communications Flight

Tech. Sgt. Peter Norris

310th Space Group

Maj. Clifton D. Stargardt

731st Airlift Squadron

Senior Airman Mark A. Michelsen Senior Airman Jennifer A. Bernu

Meritorious Service Medal

302nd MOF

Fernando J. Sanchez (2 OLC) Joseph P. Hanley (2 OLC) James D. Jellison

731st AS

Michael A. Carton (1 OLC)

George C. Paradise

302nd MXS

Eric T. Tengelsen Kristin L. Simpson Glen D. Blackman (1 OLC) Robert A. Parrott (2 OLC) Jack D. Vier (1 OLC)

Air Force Commendation Medal

302nd MXS

Raymond B. Starks (1 OLC) Vincent C. Spacone (1 OLC) Kenneth W. Moore (1 OLC) Robert C. Pacheco John T. Belcher

302nd LRS

Michael P. Gerweck

731st AS

Kenneth H. Ross (4 OLC) William B. Schultheis (1 OLC)

Jeffrey L. Faulker Rainey J. Brooks

Frank L. Hoyle Jr. Elizabeth M. Lujan Shane Williams

*Some names were not able to be listed this month, see next issue for more medal winners.





Hight Frontier Honor Guard members run through a practice drill before the cermony. at left: Members of the detail arrive at the summit of Almagre mountain in a CH-47 Chinook helicopter.

Joint operation honors soldier's last wishes

Photos and story by Chief Master Sgt. Jim scattered atop Pikes Peak. On Dec. 18, 2003, **Riley** a group of members from the 26th SAS, 50th

731st Airlift Squadron

embers of the 26th Space Ag gressor Squadron recently paid tribute to their first honorary squadron member, Lt. Col. Wilber Lamb "Bill" Bowers. Colonel Bowers was the oldest living Buffalo soldier and had served a long and distinguished career in the Army and the Air Force. On Oct. 3, 2003, Bowers was a special guest at the activation ceremony of the 26th SAS and named the first honorary member of the squadron. He passed away only 23 days later at the age of 100.

As a tribute to their unit's heritage, members of the 26th SAS took on Bowers' last wishes to have his and his wife's ashes

scattered atop Pikes Peak. On Dec. 18, 2003, a group of members from the 26th SAS, 50th Space Wing, and High Frontier Honor Guard boarded an Army CH-47 Chinook helicopter at Butts Field, Fort Carson for Colonel Bowers' final flight.

The Chinook touched down at 12,347 feet atop Almagre Mountain near Pikes Peak, dropped off the members of the detail and departed to continue their training mission. With military honors performed by the High Frontier Honor Guard, Chaplain, Lt. Col. John W. Baker, 50th SW, performed a simple ceremony in honor of Colonel Bowers. Following the ceremony, 26th SAS Maj. "Mutt" Korinek and 26th SAS commander Lt. Col. "Spike" Morley scattered the Bowers' ashes atop the mountain, fulfilling the last wishes of a great American and patriot.



Maj. Daryl "Mutt" Korinek and Lt. Col. Guy "Spike" Morley, 26th Space Aggressor Squadron, scatter the ashes of Lt. Col. Wilber Bowers.



The detail salutes as "Taps" plays during the ceremony honoring the fallen soldier.

